

WHAT DOES MENTAL HEALTH FIRST AID TEACH?

- an overview of mental illness and substance use disorders
- an introduction to risk factors and warning signs of mental health problems
- a five-step action plan encompassing the skills, resources, and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

HOW LONG IS THE COURSE?

Mental Health First Aid is an 8-hour course, offered either as one 8-hour day or two 4-hour sessions.

HOW DO I SIGN UP FOR MHFA?

To sign up, please contact the LANL Ombuds Office (contact information on back panel). LANL employees may register for the course, #25564, in UTrain.

HELPFUL RESOURCES

LANL Employee Assistance Program:
505-667-7339

NM Crisis Line: 1-855-NMCRISIS
1-855-662-7474

National Suicide Prevention Lifeline:
1-800-273-TALK
1-800-273-8255

Mental Health First Aid:
www.mentalhealthfirstaid.org



CONTACT THE LANL OMBUDS OFFICE

Phone: (505) 665-2837
Anonymous Help Line: (505) 667-9370
Fax: (505) 667-3119
E-mail*: ombuds@lanl.gov
*for non-confidential communications only
Website: www.lanl.gov/resources/ombuds
Mailing Address: P.O.Box 1663
MS-M897
Los Alamos, NM 87545

MENTAL HEALTH FIRST AID



Learn what you can do when
someone needs help.

OFFERED BY THE
LOS ALAMOS NATIONAL LABORATORY
OMBUDS OFFICE
(505)665-2837

WHAT IS MENTAL HEALTH?

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel and act, and ranges from being in 'good mental health' to having a 'mental health disorder'.

SOME DEFINITIONS

- **Mental disorder/illness:**
a diagnosable disorder or illness that may impair a person's ability to carry out routine activities.
- **Mental health concern:**
a broad term that encompasses both mental disorders and symptoms of mental disorders, which might not be severe enough to warrant a diagnosis, but may indicate the need for help.
- **Mental health crisis:**
a situation in which an individual exhibits extreme emotional or behavioral distress, has thoughts of harm to self or others, is disoriented or out of touch with reality, or is otherwise agitated and unable to be calmed.

WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) is a public education program that helps attendees identify, understand, and respond to signs of mental and substance use disorders. This interactive 8-hour course teaches the risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Since its inception in 2000, MHFA has spread to over 23 countries. Over 1 million individuals have completed the training, including First Lady Michelle Obama. Just as CPR helps you assist an individual having a heart attack- even if you have no clinical training- MHFA helps you assist someone experiencing a mental health related crisis.

About the Presenter

Mary Beth Stevens is the Los Alamos National Laboratory Ombudsman. She is a certified Mental Health First Aid instructor whose professional experience includes crisis intervention, coaching, small group facilitation, and mediation. Mary Beth presents across the LANL workplace, in the community, and nation-wide.

WHY LEARN MENTAL HEALTH FIRST AID (MHFA)?

- To assist someone if they need help
- To provide support until professional help is available
- To become better informed on mental health issues
- To understand the stigma around mental health issues
- To debunk myths surrounding mental illness
- To help and try to stop a situation from becoming more serious
- To encourage help-seeking behavior and recovery
- To potentially save lives when a person may be dangerous to themselves or others